



Retreats

Qualified Aesthetician, Massage Therapist and Holistic Therapist for 20 years.

FACIALS

Organic Skin – 60 minutes

Nourish your skin with this wholesome facial treatment containing oats, lavender and sweet almond oil, using locally produced organic products that cleanse, hydrate and soothe all skin types.

Vegan Hydration and Lift – 60 minutes

This sublime hydrating and lifting treatment containing wakame kelp, hyadisine and rice bran oil is highly firming, reverses cellular ageing and restores lost volume.

Pure Oxygen – 60 minutes

A deep cleansing facial containing mint, algae and malic acid is suitable for all skin types. This treatment increases circulation by providing pure oxygen directly to the cells. Skin feels rejuvenated and purified.

Age Defense – 60 minutes

An innovative and fortifying approach for sensitive and reactive skins. This treatment, containing pre and pro-biotics, jojoba oil and lime, balances and strengthens the skin's natural defense by stimulating collagen synthesis.

HOLISTIC TREATMENTS

Reflexology - 60 minutes

A Treatment based on the theory that our hands and feet are connected to certain organs and systems in the body. During the treatment the main goal is to reduce stress and improve general well being. Particularly beneficial for insomnia, hormone imbalance, hypertension and anxiety.

Meridian Acupressure - 60 minutes

Soothing and relaxing full body treatment stimulating the meridian lines within our body "paths". Our "paths" circulate blood, nutrients and energy throughout our body.

Reiki - 60 minutes

A Japanese healing technique that promotes relaxation, reduces stress and anxiety through gentle touch. This treatment promotes balance, self-healing and provides emotional support.



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COMFORTZONECONCEPTS



MASSAGES

Deep Tissue – 60/90 minutes

Deep pressure massage that relieves tension, tightness and inflammation held in the muscles, connective tissue and fascia. This massage specifically focuses on areas of discomfort.

Restorative – 60/90 minutes

This is a blend of all my massage techniques, modified to suit your requirements. Improves circulation, flexibility and range of motion, restoring balance to the body.

Lymphatic Drainage – 90 minutes

Treatment aimed at reducing lymphedema/swelling. Reduces bloating, fatigue, insomnia and stress. Increases detoxification.

Aromatherapy - 60/90 minutes

A medium pressure slow massage focusing on bringing balance to the body. I blend essential oils specifically for you to improve your health and wellbeing.

Indian Head Massage – 60 minutes

This stimulating but deeply relaxing treatment focuses on the face, head, neck and shoulders, using acupressure and circular strokes. Good for hair and scalp health.



Comfort Zone
Concepts

